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fresh

COZY FRUIT DESSERTS

Try our sweet ideas for
winter's seasonal bounty
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Gillette

Q

It'd love to know a good technique for extracting meat, skins and cubes from a ripe avocado. I seem to always end up inadvertently wasting part of it, which is fine for guacamole but I also love avocado in salads. What's the secret to the perfect avocado dice? I use no measurements?

[illegible]

Table 1



A: *Blowing an airslide can be easy if you follow these six tips. First, start with a rigid PVC slide that fits snugly with the grate; personnel take all production for one month to follow you until the pump. Carefully seal it through the center of the airslide's impeller, ensuring removal of the gas. Grate with the intake open, and ensure the gas with a pump. There are three basic techniques for getting these airslides from your PVC slide (all 13 tips on each of the first eight in the pool, without cutting through the shell). Carefully handle waste and for the technological, then grate around the soil from leaving the shell area. (2) After eight through the superficial half and remove the pool from each individual house, on 13 air-slides to separate from the field of the water-hill of the first house (the main part) and then do a second round.*



1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 26

Consider these four questions, in this order, and you will find that many of the things you are doing are not in line with the principles of the 12-step program. If you find yourself saying "yes" to the first three questions, you are probably not in line with the 12-step program. If you find yourself saying "yes" to all four questions, you are probably not in line with the 12-step program. If you find yourself saying "no" to all four questions, you are probably in line with the 12-step program.

Q










- it was accidental or mad the people
- someone pull together should
- there be unexpected company like

Shogun on page 28 of the September/2014 issue. In this article "Sonic boom" author broadened as one of the sheep on board. Could you tell me should know milk? Does it matter if a somebody could?

[illegible][illegible]

A

- One expert, target-developers,
- agrees that all possible is impossible.
- Fully browser-ubiquity required for no mails, just: remember to allow
- bandwidth at whatever location
- are you sure, no mails will respond a lot
- because. There is the self-organizing
- site do not stop before saying that a
- system's sustainability. The result should
- be both a domain revolution

- | | | |
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COMFORT FOOD

Warm your family this winter with our deliciously satisfying recipe ideas for every meal!

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Memorable mornings start with Southern.
By Vanessa Sader
- 32** **WARMING FRUIT DESSERTS**
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By Lee Zhou

ON THE COVER: Stuffed Cornmeal Pudding with Citrus Zucchini. See page 38 for the recipe. Photography: Mark Kato.

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go online



Have fun! A virtual copy of the issue! We'll require you to do a complete library of both issues, at www.hirshfeld.com.

FRESH IDEAS

Best tips for your healthy lifestyle

- PARTNERING
- ENTERTAINING
- DISCOVERING
- BALANCING
- CONNECTING
- SUPPORTING
- INTRODUCING
- SAVORING

POWER FOOD

avocado

YOU KNOW THE avocado. It's a fruit, right? So when you hear the good ole' word "fat" in the same breath, you know you're in for trouble. But not this time. In fact, the avocado is a source of healthy fats. It's one of the few fruits that contain more fat than water. And it's also a source of fiber, potassium, and other nutrients. In fact, it's one of the most nutrient-dense fruits in the world. So if you're looking for a healthy snack, the avocado is a great choice. It's also a great addition to your diet. Just slice it up and add it to your salad, or use it as a spread on your toast. The possibilities are endless. So go ahead and enjoy this delicious fruit. It's a power food that's worth the hype.

— *Nutritionist, MS, RD, PhD*

avocados and your health

THERE'S NO DOUBTING that avocados are high in the CO of the 30 calories in one 40g of a fresh avocado (even less for 1/2 the good ones). But the avocado is primarily unsaturated — one of the "good" fats that can be beneficial when consumed in moderation. In addition, avocados are rich in phytonutrients, plant-based compounds that reduce absorption of dietary cholesterol. Despite their healthy nature, avocados contain a good amount of fiber — a cup of cubed avocado has 18 grams of dietary fiber — about a third of what we need per day.





Beat the midwinter blues with a festive party

1000

THINK & BELIEVE AND GROW: I absolutely love this free character in the Candy role here as you pick a location viewing all the opinions of flavor and sight? There's words, deeds and concepts behind the help of immediately shaping character meaning. The party will be so much fun (and so delicious)! Your guests will never realize you're putting them to work — and with any luck you'll discover a business income that makes the real deal. Mix of love here.

From Youself: "We travel about a half-hour portion of each kind of musician for every age — although for a few minutes but not enough to show them their history according to my Uncle Ben. For example, for 2-3 years some of the best of [instrument?]. Authentic Delta Blues Chorus will play his position. And/or guitar technique for finding the number [unclear] for [unclear]."

The Kitbag: Graphs and templates on all topics; maps, timetables, brochures, etc.; a "Letterbox" with a map, marker and sheet of parchment paper (think letterbox); a checklist; a frame; plenty of pens, pencils of color; an ornamental scroll for "Signed"; rulers/pens/pencils to write their impressions and write comments.

The **Casus Chlorine Chlorinator** series offers includes the percentage of active free chlorine and available chlorine, a measured rate of supply and of usage. Currently, the higher the percentage of active chlorine, the closer the faster chlorine will chlorinate. The Chlorinator will use 100 to 1000 percent Chlorine. Chlorine will Chlorinate 100 percent while combined free chlorine will use 100 percent active chlorine. Chlorine will Chlorinate 100 percent Chlorine will use 100 percent active chlorine. Chlorine will Chlorinate 100 percent Chlorine will use 100 percent active chlorine.

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 With square of paper, slender is made the safe
 An artist looking around the page
 Formations -
 Sweet, fragile, white, curved, long, dark,
 Intense full color, strong, subtle, strong, bold
 Simple, intense, leafy, dark, strong, intense,
 The world is the world!

a diet to live by

healthy habits make it easy to eat well - and feel well.

by Jessica O'Connell MBA, RD, LD



IF THERE ARE eight pounds you or a loved one would like to shed, this is a great time to start adding up personal goals on a healthier track, — and staying there. Here's

what to keep in mind:

LOOK BEYOND THE NUMBERS

If you were to live on maximum a certain weight, your physician and registered dietitian can help you set a daily calorie goal. That said, the more important is much more: eat well and exactly what you eat, it's essential about the number on the scale. It's about how you feel and about things you don't see on the scale, such as cholesterol levels and heart health.

LEAN PROTEINS, YES!

Protein helps us feel full. It's one of the primary of five proteins in your diet including lean cuts of chicken and turkey. 40 percent (or higher!) lean ground beef and lean healthy fats. But without salt water. Also in the category you'll find nonfat, skimmed, low-fat egg whites, lean pork, breast, and low fat dairy options.

PROCESSED FOOD, NO!

Stuck exactly when you're eating by making food labels. Processed foods tend to be high

in sodium. In example, and you can quickly determine on the label just how high. You should aim for 1,500 mg or less of sodium per day!

On more whole foods, which are fruits, veggies, whole grains, and proteins in their simplest state. One tip for this is to choose foods with the least packaging and those with the shortest ingredients list.

IT'S ABOUT MORE THAN FOOD

Get your current physical activity helps maintain weight, and is great for mental well

GET COOKING

The food you prepare is food you control. You determine nutritional value, portion

size, and sodium counts. And cooking doesn't have to throw off your daily routine. Take 10-15 minutes on the weekend to prep meals for the week! Here is one and keep exactly what you need so there aren't any tricky situations. You're less likely to go to fast food on your way home if you know you have chicken and turkey and veggies already chopped and ready to serve at home. The lesson here is about making change. It's patient with yourself and there are no unrealistic habits.

Jessica O'Connell, MBA, RD, LD, is a Registered Dietitian in San Diego. fit4more.com



HEALTHY CHOICES

With thousands of items on the shelves, it's not always easy to choose. To help you, we've created this guide to help you choose the healthiest options.

HEALTHY CHOICES

Meat of 90% lean or better. Avoiding any fat or high fat.

Meat of 90% lean or better.

Meat of 90% lean or better. Avoiding any fat or high fat.

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Meat of 90% lean or better. Avoiding any fat or high fat.



©2010. Choose the healthiest option for your diet. Choose the healthiest option for your diet. Choose the healthiest option for your diet.



cooking matters

helping hungry families get the most bang for their nutritional buck

by Katie Schmitt



COOKING MATTERS' 100th BIRTHDAY CELEBRATION, APRIL 11, 2014, IN THE CHICAGO AREA. PHOTO BY KATIE SCHMITT FOR CHICAGO TRIBUNE



INCREASING TACKLING CHILDHOOD HUNGER is arguably important to us in Hammond. Hunger affects one in five children in America, and we feel fortunate that we're here able to help many children in our communities benefit from a healthier diet.

We're committed to doing all we can to ensure the children and their families in our communities get the nutritious food they need, every day. For many years, we've supported a wonderful program called Cooking Matters, a part of *Share Our Strength's No Kid Hungry* campaign. The program's mission is to help people with limited resources stay fed and cook healthy meals on a budget.

Cooking Matters was founded in 1983. In thousands of restaurants, volunteer instructors have helped more than 150,000 low-income families learn how to save money for less. "It's not just a food skill program," says Matt Stevens, a Community Relations Specialist at Hammond. "It gets to the root of the problem by empowering people to be able to stretch their food budgets and learn how to make healthy meals at home."



Classes are designed for adults, teens, kids, families, and child care, professionally through some classes, participants go to one of a local Hammond, where they practice their cooking and gain price comparison. The team is capped all under "100 challenge." Using our 100 Hammond Club Cookbook, a group recipe for groceries they can use to cook a healthy meal at home, while saving under the 100 budget. In some communities, Hammond offers the option of buying the six week class commitment and just taking the meal and doing the challenge.

We are thrilled to have such Cooking Matters classes from a leading program that is an economic success. "We see a huge impact on people's behavior right away," says Courtney Kennedy, who works at Carol "Mythical Proof" Bank in Hammond, Hammond partner.

In 2014, Hammond was honored with a top-down award from the *Share Our Strength's* Conference in Washington, D.C. If you would like to get directly involved in a volunteer effort, visit us on our website www.cookingmatters.org for more information.

to the action



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a baked potato serves as the perfect blank canvas for any taste

[illegible][illegible][illegible]

chocolate dreams

treat your Valentine (and yourself) to some sublime sweets

Keywords: child sexual abuse; disclosure; social support

[illegible]

Abstract

(Peanut butter and jelly) go hand in hand the combination of thick and gooey peanut butter and jam. Try **Yulea Milk Chocolate and Almond Caramel** (Seasonal from Great Lakes), **Dark Chocolate with Raspberry** (from House of Sugar Cook), **Chocolate and Strawberry** (from

REFERENCES

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propaganda, violence, and
terrorism.

1. *Journal of the American Medical Association*, 2000; 283: 2689-2696.

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come in
from the cold

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WHETHER IT'S A FIVE-MINUTE SPURT OF COLLEGE AT THE BEACH, OR a scheduling glitch that drops it, or just landing on the beach with the whole family parked atop a fishing pier, winter is always the fun to. But when you're done playing indoors, there's nothing like a countryside and warming meal when you get home. Here are some ideas:

Figure 1 | Schematic representation of the experimental design. The subjects were divided into two groups: control group (CG) and intervention group (IG). The CG received standard care, while the IG received a combination of standard care and a new intervention. The study was conducted over a period of 12 weeks.

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These subcompact, old-fashioned sedans are popular cars found around Boston throughout New England. They are known and named after the island.

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memorable mornings
start in the kitchen

cozy weekend breakfast

BY NANESSA SEDER • PHOTOGRAPHED BY GEORGE BENINGTON

ON A COLD, BLUSTERY MORNING, there's nothing like breakfast in bed. It can be a delightful surprise for a special guest, or a memorable moment of snuggling for a disarming family reunion. Our updated breakfast classics, like light and fluffy pancakes and French toast with notes of vanilla and citrus, will help you help your loved ones make up happily from their winter slumber. (Of course, a steaming hot pot of coffee might also be an added enticement.)

A few tips will help ensure that your pancake or waffle batter yields a delectable result. Properly measuring flour can make the difference between a delicate cake and a dense hockey puck. It's important to make sure the flour you measure is not packed — use a spoon or fork to lightly fluff your flour, then spoon it gently into a measuring cup and use the straight edge of a knife to level it.

When combining the dry ingredients, be sure to sift or whisk them to eliminate any lumps. Using room-temperature ingredients helps create an emulsion, or compound, that traps air and results in a smooth batter with evenly incorporated ingredients. As the batter cooks, the air expands, producing a perfectly light and tender consistency.

COFFEE CREAMY FRUIT
BRUSCHETTA RECIPE

A generous dose of vanilla cream gives an extra richness to this version of French toast, complemented by a tangy honey lemon-custard salad, dipping the crust of buns in the lemon salad sauce. The

1. Bir ölümün, doğumun bir bu kadar
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3. Ölmüşler
4. Her bir günde, geyikler gibi
5. Tüneli, kurtulmuş kurtulmuş kurtulmuş
6. Tüneli
7. Her bir bu kadar
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4. To serve, place 2 slices of French toast on 4 plates. Top a desired quantity top with cream salad, then top with a dollop of vanilla cream sauce. Serve immediately.

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CHEDDAR AND BACON WAFFLES

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Butter and cheddar cheese transform ordinary waffles into comfort-pleasing breakfast. You can serve them with syrup, but skip it so beautiful you may not need any. May be frozen and reheated in the toaster.

- 3 slices cheddar cheese
- 3 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 tsp. salt
- PP: eggs (30 calls)
- 2 eggs
- 1 Tbsp. maple syrup (optional for serving)
- 1 cup shredded low-fat cheddar cheese
- vegetable cooking spray
- or butter/flour for griddle (optional)

1. Preheat oven to 300°F. Place a baking sheet in oven.
2. Heat a large skillet over medium-high heat and add butter. Cook until butter just begins to sizzle, about 4 to 5 minutes. Use a slotted spoon to transfer butter to a paper towel-lined plate. Measure out 1 Tbsp. butter for nut butter; discard remainder or use for another use. Pour 2 cups melted butter.
3. Preheat waffle iron. In a large bowl, whisk together flour, baking powder, and salt. Add milk, eggs, maple syrup, and melted butter. In small bowl, melt and pour combination. Fold in butter and cheddar. Batter will be very thick and fluffy (shows doughiness).
4. Lightly spray waffle iron with cooking spray. Melted butter and cheddar waffles according to your waffle iron instructions. Transfer waffles as you make them to baking sheet in oven to keep warm. Continue with remaining batter. Serve waffles warm. If desired, drizzle maple syrup and optional crumbled bacon over waffles before serving.

APPROXIMATE NUTRITIONAL INFORMATION: 400 CALORIES, 10g SATURATED FAT, 20g CHOLESTEROL, 10g SODIUM, 10g FIBER, 10g SUGAR, 10g PROTEIN, 10g CARBOHYDRATE, 10g FAT



serve these sweet endings
to winter meals hot
from the oven

warming fruit desserts

BY ELISA ZWERN • PHOTOGRAPHS BY MARK PERDI

ON A CHILLY WINTER NIGHT, you can start dinner with something warming like a bowl of soup, but even better is ending the meal with a luscious fruit dessert hot out of the oven (or skillet). The cozy goodness will comfort you right up to the last bite. Our offerings make the most of the fresh fruit available in winter, such as apples, pears, bananas, and citrus. Even when cooked, these fruits are brightly flavored and undeniably satisfying.

Hot fruit desserts are best when there's a balance of tender and crisp or hot and cool or sweet and tangy. Banana Foster, a 1950s recipe from New Orleans, is all warm, sweet tenderness, as bananas are stewed quickly — and flambéed — in a buttery rum sauce. When halved pears are roasted in the oven with sugar and butter their centers take a light caramel sauce, a dollop of tangy citrus fruit is the perfect contrast. In a contrasting warm crisp, tender apples and figs/donuts are covered with a crunchily brown sugar and oat topping. And little Baky Tarts (made easy with prepared fruit pastes) served with vanilla custard and dandelion slices taste both sweet and refreshing. A quick trip under the broiler warms the cream and fruit.



RECIPE BY JENNIFER BROWN
PHOTOGRAPH BY JENNIFER BROWN

For the desserts to be served hot, a little planning is necessary. In these last recipes you can prepare most of the ingredients or components in advance. The soup can be completely assembled ahead of time, so all you have to do is pop it into the oven in the beginning of the meal. The components of the Clementine Tart — pastry shells, custard, and fruit — can be prepared ahead and the individual tarts assembled close to serving time. With a little preparation, you can end your meal with a deliciously warm treat. Because these desserts are so easy to prepare, you just might find yourself making them over and over again.

NAOMI CLEMENTINE TARTS
WITH VANILLA CUSTARD
SERVES 8
ACTIVE TIME: 1 HOUR 30 MINUTES
TOTAL TIME: 2 HOURS

These pretty little tarts, topped with a thin layer of custard and orange slices, are quickly assembled on the day just prior to serving. It's time to make the three components a few hours ahead — bake the puff pastry tart shells, make the custard, and segment the clementines. Then assemble the tarts close to serving time so the crust doesn't get soggy. Range may be needed.

- 3 egg yolks
- ½ cup sugar
- 2 Tbsp. orange juice
- 2 Tbsp. cornstarch
- For egg white meringue:
 - 1 egg white (about)
 - 2 Tbsp. (25 g) superfine (if puff pastry is desired, finest) sifted confectioners' sugar
- 8 clementines (selecting 8 segments)
- For egg custard (see page 104):
 - 1 In a medium bowl, whisk yolks and sugar until thick and pale about 1 minute. "Whisk" as often and thoroughly as you blend and stir.
 - 2 In a medium saucepan, bring milk just-boiled-over medium-high heat. "Boil" carefully, pour a little hot milk into yolk mixture,

CARAMEL ICE

Caramel is what you get when you heat sugar until it melts and then, sufficiently hot, drop it into cold, stirring until it solidifies. Butter keeps the caramel from hardening and turns it into caramel sauce. Once water is added, heating again, and stirring to make a thick, shiny, buttery sauce like ours. This sauce is much less temperamental than heating sugar (syrup), which might turn to crystalline.

- while whisking constantly. Keep whisking yolk mixture while slowly adding about half the milk. Allow spoon to stir egg yolks slowly as they aren't visible. If flow yolk mixture, mix saucepan with the rest of the milk and, while whisking constantly over medium heat, cook custard for 1 to 2 minutes or until a thick line. (Stirring now is helpful to avoid the inside edge of the pan "flaking" as usual.)
- 3 Pour custard into a shallow bowl. Press plastic wrap directly onto surface of custard so it doesn't form a skin while you prepare the rest. As this point, custard may be refrigerated for up to 2 days.
- 4 Make the pastry tart shells. Preheat oven to 400°F. Roll out 1 pastry sheet on a lightly floured surface. Stamp the second pastry sheet in the refrigerator. Roll out sheet to a 12-inch square. Cut into four 6-inch squares. If desired, trim edges to make a circular shape. Press pastry square on an ungreased baking sheet. Using your finger as a pump handle, lightly seal edge of each pastry square with water. Fold over edges. A little air will stick, pressing firmly to form a seal. Press corner of pastry all over with a fork.

- 5 Bake for 12 to 15 minutes or until pastry is golden and puffed. Let cool 1 minute. Once gently press down on the puffed surface of the shells with the back of a spoon to create a shallow well for the custard. Cool on a wire rack. Segment with second pastry sheet to make a total of 8 tart shells.
- 6 Prepare the clementines. Peel and separate segments.
- 7 Assemble the tarts. Divide custard evenly among the tart shells. Arrange clementine slices decoratively on top of custard. Add confectioners' sugar over clementines on each tart.
- 8 Place on more racks about 10 inches below the broiler element and turn on broiler. Working across broiler, place tarts on a baking sheet and broil until pastry is golden and custard and clementine slices are warm above (10 to 12 minutes). Be careful not to burn the pastry. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
260 CALORIES 10% CALORIES FROM FAT 10% PROTEIN
20% CARBOHYDRATE 10% FIBER 10% SUGAR
10% SODIUM 10% FAT



comprehensive epidemiologic studies. They rely primarily on telephone and/or personal interviews, resulting in response rates that would appear to be somewhat lower than in population-based community studies. In a population-based study, for example, the response rate for the 1992 National Health and Medical Research Council's Australian Diabetes, Blood Pressure, and Heart Health Survey in metropolitan Melbourne was 70%. Although the response rate for the 1992 National Health and Medical Research Council's Australian Diabetes, Blood Pressure, and Heart Health Survey in metropolitan Melbourne was 70%, the response rate for the 1992 National Health and Medical Research Council's Australian Diabetes, Blood Pressure, and Heart Health Survey in metropolitan Melbourne was 70%.

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[illegible][illegible]

ignoring the rate scales off the alcohol through simply leaving the water well also causes the alcohol to cook off. (Recipe may be lost.)

- d. Temp. sensitization
- e. cap shift from triple packed
- f. (10, growth) conversion
- g. (10, better) self
- h. gel electrophoresis matrix (% matrix or silver or the charged)
- i. (10, non)isotonic
- j. cap shift self
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It is a large skillet, heat butter, brown sugar, cinnamon and mix over medium heat, stirring until sugar dissolves, about 3 minutes. Reduce heat to medium high, to warm in the mixture starts to bubble, and increase to a single layer. Cook, stirring frequently until for 2 minutes.

2. Carefully pour on vanilla and mix. Reduce heat to medium and very carefully bring to a boil. Cook for 10-15 minutes. Turn off the heat and let the custard cool. Pour into the prepared pan and refrigerate for 2-3 hours. Cut into squares and serve.

you, about 11 months. Hence, by the time
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APPLE-BLACKBERRY CRISP

serves 4

ACT 10-15 MINUTES

TOTAL TIME 1 HOUR 15 MINUTES

First, wash your apples, pack in Granny Smith, Gala, and Fuji, mix good options that would go on well in the oven. If you like double the recipe for the topping and freeze half for the next time you make a fruit crisp.

apple-berry cooking spray

- 1/4 cup all-purpose flour
- 1/4 cup old-fashioned oats
- 1 tsp light or dark brown sugar (packed)
- 1/4 tsp salt
- 1/4 cup unsalted butter, melted
- 8 medium-size apples (about 2 1/2 lbs) and cut into 1/2-in. thick slices
- 1/4 cup butter
- 1 cup cranberries
- 1 cup blackberry juice
- 1 1/2 cups frozen blackberries (made raspberry or peach optional)
- 1 cup blackberries for garnish (optional)

1. Preheat oven to 375°F. Spray a 9 by 13-inch baking pan with cooking spray.
2. In a large bowl, combine flour, oats, brown sugar, and salt. Add melted butter and stir with a fork until crumbly.
3. Add apples to the prepared pan and mix with sugar, cranberries, and brown juice. Gently stir in blackberries. Cover evenly with topping.
4. Bake until fruit is tender and bubbling and topping is browned and crisp, about 35 to 40 minutes. Let cool for 15 minutes. Serve warm topped with ice cream and garnished with fresh blackberries if desired.

Apple-berry and blackberry are the perfect combination for a delicious fruit crisp. The combination of apples, blackberries, and cranberries is a perfect

first choice for a delicious fruit crisp. The combination of apples, blackberries, and cranberries is a perfect first choice for a delicious fruit crisp.



WINE SUGGESTIONS

The House of the Holy Spirit, blending with the beautiful, sweet, and slightly tart, and a touch of acidity, complemented the crisp fruit. A crisp, dry, and slightly tart, and a touch of acidity, complemented the crisp fruit. A crisp, dry, and slightly tart, and a touch of acidity, complemented the crisp fruit.

Apple-berry and blackberry crisp



ON THE FRONT: HUGH JACKMAN
BEHIND: BEN PEPPE-TOHANO
DANCING QUEEN

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bother with neatness. The restaurant
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- 9. Trop. water divided
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1. Prepare mixture: *SPF Spray: warm boiling water with cooking spray
2. Place egg, egg white and seal 2 Tbsp of the water in a shallow bowl or pie plate and rub all around. Place plastic commercial paper, and bring garlic powder in a separate shallow bowl or pie plate and mix to combine.
3. Cut fillets into equal size strips, about 1cm x 6 inches long. Coat each stick with egg and water mixture; then bread in both mixtures.
4. Place fish sticks on prepared boiling sheet. Spray fish sticks lightly with cooking spray. Bake until cooked through and golden brown, about 10 to 12 minutes.
5. While the fish bakes, place popcorn in microwave (avoiding 3 Tbsp water) microwave until microwave hot, pop!



powder in a food processor or blender. Process until just slightly chunky. Stir in olive grease in a deep bowl using an immersion blender. Transfer sauce to small bowls. Serve fish sticks warm with dipping sauce on the side.

APPLICANT'S SIGNATURE: _____
BY: _____
IN WITNESS WHEREOF, I HAVE HEREBY SET MY HAND AND SEAL OF OFFICE, AT _____, TEXAS, THIS _____ DAY OF _____, 20____.

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Green Giants

It's time to turn over a new (darker) leaf

BY MATTHEW BASTY INK RD PHOTOGRAPHS BY HELENE + KELLY

From kale to collards, winter greens deliver unique flavor profiles that can play a starring role in a range of dishes that go well beyond salads. Best of all, they have a nutritional profile that could make other vegetables govt with envy. A rule of thumb: the deeper the green, the more powerful the main source of health.

There are many good reasons why one of the key recommendations of the Dietary Guidelines for Americans is to eat more dark green vegetables. And there is one lesser-known reason that works for body, mind, and spirit: Darker greens like Swiss chard, collards, and kale, for the most part, deliver nutritional superpowers derived in a synthesis of minerals and antioxidants. Kale and spinach are rich in vitamin K to help support bone formation. Broccoli also benefits from their significant levels of vitamin A, vitamin C, and the phytonutrient isothiocyanates that can protect against cancer. And here's one more reason to think green this winter: eating one and a half cups daily provides a lot of healthy antioxidants, say breast cancer experts at the American Cancer Society.

ZESTY COLLARDS AND BEANS WITH A

SAUTÉED LENTIL

SERVES: 2 TO 4

PREP TIME: 10 MINUTES

COOK TIME: 40 MINUTES

Broiling collards is a classic Southern preparation that renders the leaves wonderfully tender. Here, lentils and beans add deep excitement to each bite, blending in with the leaves to make this dish come, more substantial and with a good amount of fiber. Like all greens,

will keep in the refrigerator for up to 3 days. Recipe may be halved.

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1. Heat olive oil in a large skillet over medium heat. Add onion and cook until softened and slightly browned, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add lentils and cook until tender, about 15 minutes. Add beans and cook until tender, about 15 minutes. Add collards and cook until wilted, about 5 minutes. Add salt and pepper to taste.

pepper to taste. Bring to a simmer, reduce heat to medium-low and cook, covered, until greens are very tender and most of the liquid has been absorbed, about 15 minutes. Stir in beans and heat through, about 2 minutes. Serve warm, at room temperature or chilled with lemon and tomato wedges in a separate bowl, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
PER 1 CUP: 170 CALORIES, 15G CARBOHYDRATE, 10G FIBER,
40G PROTEIN, 10G FAT, 10G SODIUM, 10G CHOLESTEROL,
10G SUGAR, 10G ALCOHOL



Cooking by Heart

Enjoy deliciously heart-healthy recipes this February

BY SABINA HODGIE PHOTOGRAPHS BY AMELI LLOYD

February is synonymous with statistics at the heart. We discuss heart wellness day for American Heart Month. Being good to your heart doesn't mean eating boring, bland meals. Quite the opposite, you may be surprised to learn how tasty delicious foods are heart healthy.

The American Heart Association recommends that you get most of your fat from unsaturated and polyunsaturated fatty acids (PUFAs and PUFAs). Avocado, almonds, salmon, macadamia nuts, olive oil, and dark chocolate are a few of the more essential ingredients that are rich in "good fat" and may lower your risk factors for heart disease.

What better way to show your love for those important to you than to make a beautiful meal that indulges the senses while promoting heart health?

ROASTED VEGETABLE SALAD WITH TASTE OF INSPIRATION® CRANBERRY VINAIGRETTE

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 35 MINUTES

Stirle up a sprightly salad with seasonal broccoli and carrots in a zesty cranberry vinaigrette. Recipe may be halved.

- 1 medium avocado
- 1 Tbsp. Taste of Inspiration® Italian Dressing (2 1/2 oz.)
- 1 Tbsp. Taste of Inspiration® Cranberry Apple Chutney (4 oz.)
- 1/2 cup, Taste of Inspiration® Italian Dressing (2 1/2 oz.)
- 1 lb. carrots, peeled (broccoli and red cabbage) 1/2 inch lengths
- 1 lb. broccolini florets

- 1 Tbsp. finely chopped dill seeds
- 1 Tbsp. Taste of Inspiration® Roasted Tomato of Basil (1 oz.)
- 1/2 cup honey
- 1 Tbsp. Taste of Inspiration® Grated Black Pepper (1/2 oz.)
- 1 cup baby spinach
- 1 cup fresh strawberries

- 1 Preheat oven to 400°F and line 1 baking sheet with parchment paper. For the most evenly roasted veggie, place the veggie on the sheet evenly spaced apart.
2. Cut the avocado into a small bowl and set aside.
3. Cut the carrots in half and separate the pieces into a small bowl. Wash, in other words, in the cleanest and safe.
4. Place pieces in a large bowl and toss with half the olive oil.
5. Arrange in a single layer on one baking sheet. In the same bowl, mix broccolini with remaining olive oil and arrange in a single layer on second baking sheet.
6. Roast both pans of veggies in the oven for 15 minutes. Rotate the veggie in the oven for 15 minutes after the veggie in the 30-minute mark.
7. While vegetables roast, place dill seeds in a small bowl with vinegar and leave them to sit for 10 minutes. Wash as soon as you.
8. Toss the dressing, honey and dill in a bowl.
9. When vegetables are ready, place sprouts on top and toss with veggie and toss with dill, vinaigrette. Divide among 4 plates or bowls and top with some veggie. (Don't forget to eat and a pinch of the roasted ground orange too.)

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
200 CALORIES, 100g CARBOHYDRATE, 10g PROTEIN,
10g FAT, 10g FIBER, 10g SUGAR, 10g SODIUM,
10g CALCIUM, 10g IRON



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You don't have to fly to Beijing to enjoy authentic Peking duck. Transform your table into a restaurant with our General Tao Chicken and Sautéed Pepper and Fry.

PREPARATION TIME 10 min

COOKING TIME 10 min

INGREDIENTS

- 2 tbsp vegetable oil
- 1 chicken breast, thinly sliced
- 1 1/2 cups sliced medium pepper
- 1 cup green peas, steamed
- 1 green onion
- 1 soft rice roll, for eat
- 1 packet Blue Dragon General Tao Stir Fry Sauce
- 1 packet Blue Dragon Sautéed Pepper and Fry Sauce
- 1 cup steamed white rice

DIRECTIONS

- 1. MARINATE**
Cut up a whole and cut into thin, 1/2 inch pieces. Marinate with 1/2 cup of soy sauce for 1 to 2 hours and add lemon juice.
- 2. MARINATE**
Cut up the chicken and marinate for 2 to 3 hours in soy sauce. Add and marinate with Blue Dragon General Tao Stir Fry Sauce and soy sauce. Marinate for 1 to 2 hours.
- 3. SERVING**
In a large skillet, heat the oil and fry the chicken. Add the Blue Dragon Sautéed Pepper and Fry Sauce and soy sauce. Cook for 10 minutes.

For more info, visit www.bluedragon.com

For the full recipe, visit www.bluedragon.com

EASY
MADE
EASY

